

MADE  
IN  
OLD  
STEAD



## Onion, Lovage, Killeen

1. Empty the **French onion soup** into a small saucepan and place over medium heat for five minutes, or until warmed through.
2. Remove from the heat and divide equally between two serving bowls.
3. Sprinkle the **rye croutes** over the soup and drizzle over the **lovage oil**. Finish by grating the **Killeen cheese** on top.

## Flat Iron Steak, Asparagus, Wild Garlic

1. Remove all menu components from the refrigerator 40 minutes before cooking.
2. Pre-heat oven and a parchment-lined baking tray to 200°C (180°C Fan).
3. Add a splash of oil to a frying pan and place over a high heat. Once hot, remove the **flat iron steak** from its packaging, add to the pan and sear, about 30 seconds each side.
4. Transfer the **flat iron steak** onto the pre-heated tray. Remove film from the **beef fat onions** and position alongside the **flat iron steak**. Place tray in centre of oven for five minutes.
5. After five minutes, remove the **flat iron steak** from the oven and allow to rest for 10 minutes.
  6. Meanwhile, empty the **onion sauce** into a small saucepan and warm over a low heat for five minutes.
7. At the same time, add a splash of oil to a small frying pan and place over medium heat. Add the **asparagus** and **spring onions** to the pan and fry for one minute on each side.
8. Remove the **asparagus** and **spring onions** from the pan and the **beef fat onions** from the oven and reserve for plating.
9. To serve, begin by trimming the ends from the **flat iron steak** and carve in half, against the grain.
10. Place the **flat iron steak** to the left of your plate and spoon a dollop of **wild garlic 'salsa verde'** to the right.
  11. Working clockwise from the top of the **wild garlic 'salsa verde'**, position the **beef fat onions**, **asparagus** and **spring onions** around the right-hand edge of the plate.
12. Finish by spooning the **onion sauce** over the **flat iron steak**.

## Apple, Apricot, Hazelnut

1. Place the **blackened apple ice cream** into the freezer two hours before serving.
  2. When you are ready to serve, remove the **blackened apple ice cream** from the freezer and run under warm water, still in its packaging, for ten seconds, to loosen from the sides of the container.
3. Turn out the **blackened apple ice cream** onto the right-hand side of your plate.
4. Place the **apple cake** to the left of the plate and pipe dots of **apple butter** on top.
  5. Position the **sugared hazelnuts** and **pickled apple** over the **apple butter**, and finish by piping **apricot brandy toffee sauce** along the centre of the cake.

USE BY: 30/05/22